

CENTER FOR SENIOR ACTIVITIES—SEPTEMBER 2009 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Curried Chicken Rice Chef Vegetable Coleslaw Tropical Fruit Salad	2 Salisbury Steak/gravy Mashed Potatoes Chef Vegetable 3 Bean Salad Tapioca Pudding	3 BBQ Pork Chop Baked Sweet Potato Chef Vegetable Salad Fresh Fruit	4 Baked Manicotti Meat Sauce Broccoli Caesar Salad Cookie
7 CLOSED	8 Salmon Burger Sweet Potato Fries Chef Vegetable Tossed Salad Oranges	9 Pork Marsala Rice Chef Vegetable Tomato Salad Jello w/topping	10 Chicken Pizzaiola over Pasta Broccoli Salad Birthday Cake	11 Crab Cake over Field Greens Potato Salad Carrot Raisin Salad Fruit
14 Filet of Sole/Lemon Sauce Baked Potato Broccoli Tomato Salad Fresh Fruit	15 Bratwurst Potato Salad Sauerkraut Green Salad Rice Pudding	16 Pasta w/Meatballs Chef Vegetable Cauliflower Salad Peaches	17 London Broil Rosemary Potatoes Chef Vegetable Tossed Salad Cookie	18 Tomato Soup Chunky Chicken Salad Pasta Salad Cold Chef Vegetable Jello
21 Swedish Meatballs Egg Noodles Green Beans Tossed Salad Honeydew Melon	22 Roast Turkey w/gravy Mashed Potatoes Chef Vegetable Salad Sherbet	23 Pork Loin w/Gravy Baked Potato Chef Vegetable Apple Raisin Salad Fruit	24 Chicken Parmesan Spaghetti Chef Vegetable Caesar Salad Orange	25 Sausage & Peppers Roasted Potatoes Chef Vegetable Salad Yogurt
28 Fiesta Chicken Corn Niblets Chef Vegetable Green Salad Cantaloupe	29 BBQ Ribs Beans Squash Medley Cole Slaw Cake	30 Meat Loaf Whipped Potatoes Chef Vegetable Spinach Salad Watermelon		

Salad, Bread, Butter and Milk served daily

Lunch is served at 12 noon. Reservations are required at least 24 hours in advance--341-5099

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Suggested Donation: \$4-\$6